

ADHD PARENT COACHING CLASSES

*with Julie Abrams,
Occupational Therapist
and Parent Coach*

Parenting is tough — and when you're raising a neurodivergent child, it can feel even more overwhelming. The **Calm and Connected** class is designed to help you better understand **ADHD and executive functioning (EF)** challenges, while giving you practical tools to reduce everyday stress and build stronger connections with your child.



FALL 2026 SERIES
October 30 –
December 18, 2026
(skips November 27)
12–1:30pm



LIVE ON ZOOM



\$525 PER FAMILY

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Testimonial

“Julie is your experienced guide who will introduce you to an abundance of tools and strategies and a deep level of understanding about how to support our children with ADHD. She demonstrates a genuine desire to share her knowledge and extensive insight into how to help each child with ADHD and their families thrive and flourish. We now have a huge kit of valuable and trusted resources to continue to learn from and utilize in our journey.”

–Ali

”



Julie Abrams is a licensed occupational therapist with over 20 years of experience helping children and families thrive. She now brings her expertise to parent coaching.



WHAT YOU'LL LEARN:

Each session blends education, empathy, and practical strategies:



The Emotional Landscape of ADHD & EF Challenges



Staying Calm & Connected During Chaos



Improving Communication



Fostering Collaboration with Your Child



Creating Clarity & Consistency at Home



Implementing Effective Consequences



Helping Kids Make Better Choices

Course content developed by
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